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CAMPING FOR NURSES

By JEANNETTE GARDNER HEATH, R.N.
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If you are worn out with city noises and the strenuous demands of your winter's nursing, I know of no more restful and nerve-healing vacation, than camping.

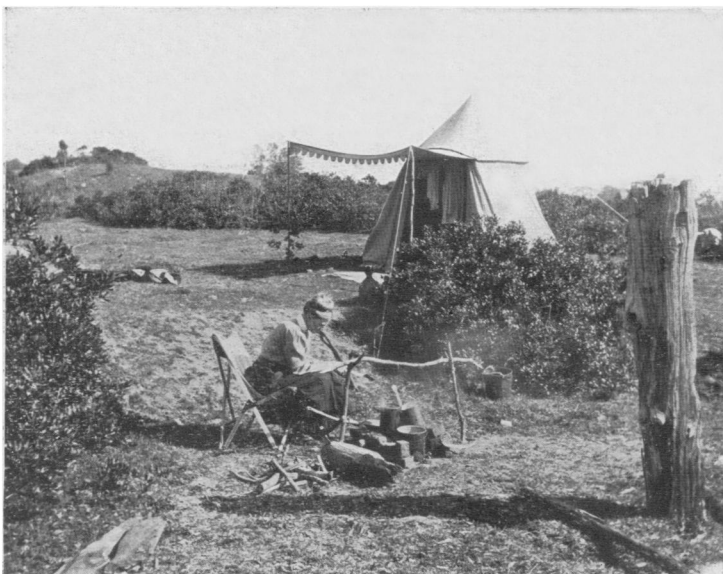
Ours is done thus: with a good, seaworthy, cruising canoe, seventeen and one-half feet long, thirty-six inches wide, carrying thirty-five feet of sail, we start in search of rest and adventure.

The outfit is packed in waterproof duffle bags. The Marquis tent with canvas floor, air bed and clothes fill up the space in one bag. Blankets, clothes, not too many, a few good magazines, which we use to light fires with after reading them, several books (preferably nature studies, travel or exploring), a pack of playing cards for rainy days, canned goods sparingly, and a camera are in a bag by themselves. Then there are tent poles, pegs, the pump for the air bed, an ax in a leather case, a folding chair and a meat broiler in a plain canvas bag. The flour, sugar, etc., are in small waterproof bags; bacon, eggs, butter, and shortening are in friction top cans; then all are put together in the food duffle bag which is smaller than the others.

The dishes are of aluminum, one packed inside the other and all in a special bag to fit them. The water bottle is of waterproof material and is lighter and more easily packed than a jug. The wash basin is of agate and tucks in most anywhere. The water pail is of waterproof material, is collapsible, and serves as a dishpan generally. Our outer clothes are waterproofed, of neutral tints, hence they show very little soil, and allow us many glimpses of birds and small animals which we otherwise would not get if attired in more decided hues.

We pack our stuff the day before, so as to get an early morning start. For, generally, the morning breezes are more gentle, and if we can sail, we naturally prefer mild winds to boisterous ones; or, wind and tide not being right for sailing, light winds are easier to paddle to.

The distance of a day's journey varies, but, Indian fashion we eat little or nothing in the middle of the day on a long paddle. I take the bow, my husband the stern, to cover my mistakes. I generally kneel, Canadian-fashion, in the canoe, as I find I tire less easily and can pull a better stroke. Our trips together have been in and about the waters of Narragansett Bay. My husband has been taking trips around these



THE CAMP KITCHEN.



LOADING THE CANOE.

waters for fifteen years and has not exhausted the beautiful camping sites yet. To know the Bay and its rivers well is to love them, and needless to say they are endearing themselves to me. After a comfortable paddle, we pitch camp, and there are only a few places where the people are really hostile to genuine campers. Never mind if we haven't reached our desired goal, we can another day, and why not enjoy as many of the beauty spots as possible? While my spouse is pitching the tent, I find a little firewood and get supper started, generally an "Irish stew," and boiled rice with plenty of raisins, eaten with evaporated milk and sugar, for dessert. Coffee tops off for me, and a pipe for the "Gude-man." Sitting around the dying embers of the camp fire brings to close an ideal day.

In some places camp fires are not allowed, and for such we carry a vapor stove, which with a steam cooker is ideal. But on long trips, where we move often, we leave the steam cooker at home, as it is bulky and apt to get misshapen in packing.

One thing which it is well to remember is to pump up the air-bed before supper, as it looks like a mountain afterward.

After the fire has been extinguished by several pails of water, you crawl between the army blankets on the air-bed and are soon in the "Land of Nod," waking only when daylight sends some sweet songster to your tent poles or ropes to sing you, "Good morning and welcome." After the serenade, you take a dip in the salt or fresh water about you, with the trimmings left off your bathing suit, bloomers and waist being sufficient in most places, then after a breakfast of fruit, bacon, eggs, bread and coffee, you are ready for most anything,—a day's exploring, lounging, photographing, or pulling stakes for other quarters.

Of course there are rainy days, and insects come to bother you, but they are part of the "game." We have been on trips of two weeks without a drop of rain, and bayberry bushes make excellent brooms with which to clear the tents of bugs. Plenty of tobacco smoke discourages most of them into lifelessness at night.

Sometimes, when we feel sociably inclined, we invite another tired nurse and a pleasant male companion and make a genial party of four. In that case, it makes the duffle for each canoe lighter, as only an extra tent, blankets, beds and clothing are needed. Nearby farms and springs furnish us with water, milk, eggs, chickens, vegetables, and sometimes fruit and butter. The family nearly always like to visit the camp and have us show and explain all our contrivances.

All too soon we have to turn our faces homeward to the serious side of life.

Now as a matter of fact, all our camping places can be reached by wagon road, so if one could not get there by water, or did not care to, the outfit could be sent by wagon, but it adds zest and romance to the expedition to make believe you are far from the haunts of man.

SOME RECENT ADVANCES IN MEDICAL SCIENCES *

By JOHN A. KOLMER, M.D.

Professor of Pathology, Philadelphia Polyclinic; Instructor in Experimental Pathology, University of Pennsylvania; Pathologist to the Philadelphia Hospital for Contagious Diseases.

THE past few years have been quite fruitful in the development of problems relating especially to the cure and prevention of disease. Because of the close relationship of the medical and nursing professions, it is necessary for the latter to keep abreast of any new and practical advancements. The frequent opportunity afforded the nurse in the line of preventive medicine renders it necessary for her to have an understanding of recent progress. Through the medium of the newspaper and periodical the laity are frequently given early information regarding some discovery, and naturally they expect both physician and nurse to be able to express a careful and intelligent opinion.

At no period in the history of medicine has there been more research activity than at the present time. Splendid institutions are being erected and endowed for special work, and new knowledge is being quickly gained and advanced along practical lines for a better understanding and treatment of disease.

While many important discoveries have been made in the past few years there are two which stand out because of their important significance: vaccination against typhoid fever, and chemotherapy. The former marks a great step in the prevention of a dreaded disease and the latter opens up a new therapeutics of vast possibilities.

Antityphoid Inoculation.—The conception of prevention in typhoid fever by means of a vaccine is based upon the original experiments of Pfeiffer and Kolle, two German investigators, as early as 1896. The method, however, has been popularized by Sir Almroth Wright in England and in this country through the army, by Major Russel.

* Address delivered before the Philadelphia Club for Graduate Nurses, January 7, 1913.